

RICE KRISPIES FRUIT CHEWS



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Ingredients

1/4 cup shredded coconut

420 g white marshmallows – cut in $\frac{1}{2}$

15 large soft prunes – snip with a kitchen scissor into quarters

15 large soft apricots – snip with a kitchen scissor into quarters

1/4 cup raw sunflower kernels

1/4 cup raisins

1/4 cup dried blueberries

1/4 cup slivered almonds

1/4 crushed pecan nuts

4-5 cups rice krispies cereal

Optional:

$\frac{1}{2}$ – $\frac{3}{4}$ cup coconut

150 g curls of chocolate

or a combination of both

Line a deep dish with tinfoil.

Sprinkle the first 1/4 cup of coconut at the bottom.

Snip all the fruit and mix the rest of the ingredients, except the rice krispies

Place marshmallows in a deep dish and microwave for 1 – 1.5

minutes

Now you have to work quickly.

Add the rice krispies and the rest of the ingredients and mix through

Note: It's a sticky business, but work fast. Should you need it, you can return it to the microwave for another 30 seconds to 1 minute in order for you to mix it through.

Spoon onto the coconut and spread it out.

The best way to do this, would be to wet your hands under running water (it should be damp, not dripping wet), and press the mixture down into the pan.

Now you can sprinkle another $\frac{1}{2}$ cup of coconut or chocolate or both over. Gently press down with your damp hands.

Place in the fridge overnight to set. Cut into blocks. You will notice that some of the coconut will fall off, do not worry about it, just keep it aside and as you cut the blocks, dip the sticky sides in this coconut. Enjoy!!

Source, prepared, Tried and Tested: Esme Slabbert's kitchen